



The North Carolina Child Treatment Program

Effective Mental Health Treatment for Children and Families Following Trauma or Loss

Our Mission

NC CTP is dedicated to improving the health and well-being of traumatized children and families throughout North Carolina.

Our Strategy

Since 2006, NC CTP (Pilot) has provided **effective mental health treatment** to children, adolescents, and families coping with serious trauma, including: abuse; assault; family and community violence; serious medical problems; and overwhelming bereavement.

Following statewide roll-out, we will:

- Provide **intensive clinical training** to 120 therapists/year in *Trauma-Focused Cognitive Behavioral Therapy* (TF-CBT)
- **Link** traumatized children and families to CTP-trained therapists
- **Treat** >3000 traumatized children and adolescents each year
- Offer **treatment funds** to uninsured children following sexual trauma

Who We Are

NC CTP is a UNC-Duke Partnership, including four partner organizations:

- Center for Child and Family Health-NC
- Duke EBP Implementation Center; School of Medicine, Duke University
- School of Medicine, University of North Carolina - Chapel Hill
- UCLA-Duke National Center for Child Traumatic Stress

Roll-out Strategy

To transition from a 3-year pilot program in northeastern North Carolina to a permanent, 100-county mental health infrastructure, serving traumatized children and families.

Contact Us

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Background: Childhood Trauma and Effective Mental Health Treatment

Childhood Trauma

Childhood trauma includes experiences or exposures that can overwhelm a child or teen's ability to cope. Examples include: community violence; serious accidents; natural disasters; terrorist attacks; unexpected loss of a loved one; medical procedures; assault; domestic violence; and sexual or physical abuse. Childhood trauma is common. For example, >111,000 children are assessed for maltreatment each year in North Carolina.

Childhood Trauma: Adverse Consequences and High Costs

Following a serious trauma, many children and adolescents show signs of distress, including: irritability; anger; fear; sadness; or difficulty eating, sleeping, and concentrating. Many children are resilient, and quickly return to their normal state. However, children who have experienced chronic trauma often become overwhelmed and develop serious physical, emotional and behavioral problems.

Untreated childhood trauma has been linked to:

- Serious mental health problems including: depression, anxiety, posttraumatic stress disorder (PTSD), and other psychiatric conditions.
- Difficulty with development, concentration, cognition, and learning.
- Costly public health problems including: obesity; asthma; cancer; heart disease; smoking; drug and alcohol abuse; injuries; and teen pregnancy.
- Interpersonal difficulties including: domestic violence, assault, and abuse.

Untreated trauma is linked to high-costs to communities and public systems, including: child welfare, education, law enforcement, juvenile justice, and healthcare. It is estimated that child maltreatment results in \$104 billion of direct and indirect costs annually in the U.S. (Wang & Horton, 2007), whereas sexual abuse costs communities \$125,000 per child (NIJ, 1996) and several million dollars in lifetime costs (Conrad, 2006).

Effective Mental Health Treatment

Effective mental health treatment is **available** and **affordable**. Through NC CTP, children and adolescents will have access to **Trauma-Focused Cognitive Behavioral Therapy** (TF-CBT), an evidence-based trauma treatment. In just a few months -at a cost of ~\$1800 per family- seriously traumatized children will show a significant decrease in depression, behavioral difficulties, and PTSD symptoms. Over time, healthier children and families mean decreased cost -direct and indirect- to our public agencies and systems.